

## Appendix E

### COOKING Food Temperatures and Holding Times

Food	Minimum Temperature	Minimum Holding Time at the Specified Temperature
Fish, Pork, and Meat (Not whole roasts or ground) 3-401.11(b)	63°C (145°F )	15 seconds
Ground, Flaked, etc., Fish, Meat (Hamburger) Eggs (raw)	68°C (155°F ) -or- 70°C (158°F ) 66°C (150°F ) 63°C (145°F )	15 seconds < one second one minute three minutes
Poultry Stuffed Meat Stuffed Fish Stuffed Pasta Stuffed Poultry Stuffing Containing Fish, Meat, or Poultry	74°C (165°F )	15 seconds
Raw Animal Foods Cooked in a Microwave Oven	74°C (165°F )	Hold for two minutes after removing from microwave oven
Fruits and Vegetables cooked for hot holding 3-401.13	60°C (140°F )	

Adapted from the 1999 FDA Food Code.